

# DIARY ENTRIES

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**Count:** —                      **Wall:** 1                      **Level:** intermediate

**Choreographer:** Phil Austin

**Music:** My Book by The Beautiful South

**Sequence:** A B C A B C A B\* C to the end. On the last B, only dance up to count 24 and make a scuff 1/2 turn instead of a 1/4 turn. Then go into C and keep dancing C until the music stops.

## SECTION A

### ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

- 1-2&      Rock forward right, recover onto left, step right to left
- 3-4      Rock back left, recover onto right
- 5-6      Point left toe forward, drop left heel
- 7-8      Point right toe forward, drop right heel

### ROCK, RECOVER, ROCK, RECOVER, TOE STRUT, TOE STRUT

- 1-2&      Rock forward left, recover onto right, step left to right
- 3-4      Rock back right, recover onto left
- 5-6      Point right toe forward, drop right heel
- 7-8      Point left toe forward, drop left heel

### STEP, 1/2 TURN, STEP, CLAP, STEP 1/2 TURN, STEP, CLAP

- 1-2      Step forward right, pivot 1/2 turn over left shoulder
- 3-4      Step forward right, clap hands
- 5-6      Step forward left, pivot 1/2 turn over right shoulder
- 7-8      Step forward left, clap hands

### LOCK, HOLD, UNWIND 3/4 TURN, SIDE SHUFFLE, CROSS SHUFFLE

- 1-2      Lock right behind left, hold
- 3-4      Unwind 3/4 turn over right shoulder over two counts
- 5&6      Step left to side, step right to left, step left to side
- 7&8      Cross right over left, step left to side, cross right over left

## SECTION B

### ROCK, RECOVER, SAILOR STEP, SAILOR STEP, BEHIND, UNWIND $\frac{3}{4}$ TURN

- 1-2 Rock left to side, recover weight onto right
- 3&4 Cross left behind right, step right to side, step left to right
- 5&6 Cross right behind left, step left to side, step right to left
- 7-8 Cross left behind right, unwind  $\frac{3}{4}$  turn over right shoulder

### SHUFFLE FORWARD, $\frac{1}{2}$ TURN, SHUFFLE $\frac{1}{4}$ TURN, CROSS, UNWIND $\frac{1}{2}$ TURN

- 1&2 Step forward right, step left to right, step forward right
- 3-4 Step forward left, pivot  $\frac{1}{2}$  turn over right shoulder
- 5&6 Make  $\frac{1}{4}$  turn over right shoulder stepping left, right, left
- 7-8 Cross right over left, unwind  $\frac{1}{2}$  turn

### CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF $\frac{1}{4}$ TURN

- 1-2 Cross right over left, click fingers
- 3-4 Lift left and cross left over right, click fingers
- 5-6 Lift right and cross right over left, step left to right
- 7-8 Cross right over left, scuff left and pivot  $\frac{1}{4}$  turn over right shoulder on right foot

### CROSS, CLICK, CROSS, CLICK, CROSS, CLOSE, CROSS, SCUFF $\frac{1}{4}$ TURN

- 1-2 Cross left over right, click fingers
- 3-4 Lift right and cross right over left, click fingers
- 5&6 Lift left and cross left over right, step right to left
- 7-8 Cross left over right, scuff right and pivot  $\frac{1}{4}$  turn over left shoulder on left foot

### JAZZ BOX $\frac{1}{4}$ TURN, JAZZ BOX

- 1-2 Cross right over left, step back left
- 3-4 Step back right and pivot  $\frac{1}{4}$  turn over right shoulder, scuff left forward
- 5-6 Cross left over right, step back right
- 7-8 Step back left, scuff right forward

### STEP, LOCK, STEP, HITCH $\frac{1}{2}$ TURN, STEP LOCK, STEP, SCUFF

- 1-2 Step forward right, lock left behind right

- 3-4 Step forward right, hitch left knee and pivot ½ turn over right shoulder on right foot
- 5-6 Step forward left, lock right behind left
- 7-8 Step forward right, scuff right forward

## **SECTION C**

### **ROCK, RECOVER, COASTER STEP, STEP, ½ TURN, SHUFFLE FORWARD**

- 1-2 Rock forward right, recover weight onto left
- 3&4 Step back right, step left to right, step forward right
- 5-6 Step forward left, pivot ½ turn over right shoulder
- 7&8 Step forward left, step right to left, step forward left

### **STEP, STEP, KNEE KNOCKS, STEP, STEP, KNEE KNOCKS**

- 1-2 Step forward right, step forward left
- 3-4 Bend knees and knock them together twice
- 5-6 Step forward right, step forward left
- 7-8 Bend knees and knock them together twice

### **ROCK, RECOVER, ½ TURN SHUFFLE, ROCK, RECOVER, ROCK, RECOVER**

- 1-2 Rock forward right, recover weight onto left
- 3&4 Make ½ turn over right shoulder stepping right, left, right
- 5-6 Rock forward left, recover weight onto right
- 7-8 Rock back left, recover weight onto right

### **STEP, SCUFF, STRESS STEP**

- 1-2& Step forward left, scuff right, step onto right
- 3&4 Scuff left, touch left toe forward, step onto left

- 1-28 Repeat Section C